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Making some noise

The Halifax Music Co-op is determined to harmonize social action and music PAGE 5

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PAGE 17



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Monday, February 25, 2013



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Big reveal: Cost of water, sewers to be unveiled

Purcell's Cove. Estimates for services to Area 1 will be presented at Monday meeting — though some insist the numbers won't change their minds



HALEY
RYAN

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A resident of Purcell's Cove says community members are "bracing" themselves for the cost estimates of water and sewer services to the area.

The latest chapter in the water and sewer study process begins Monday night when CBCL consultants reveal the potential cost for Area 1 residents based on six options, including laying pipe underneath the North West Arm, along Purcell's Cove Road, or through the backlands.

"The community has made it very clear that the vast majority ... have said they do not

want water and sewer, even if it's subsidized by the developer," said Catherine McKinnon of the Purcell's Cove Area 1 Resident's Action Committee on Sunday.

"We certainly feel we want to make that crystal clear because it appears that there's been a lot of pressure from development interest."

Alan Ruffman of Ferguson's Cove said the numbers released Monday night during a community meeting won't alter the public's steady opposition to services. "While people will sit politely and listen to the numbers, I don't think there's going to be a whole lot of support ... to initiate the beginning of sewers," Ruffman said.

"They aren't going to be of interest to most of the residents in the sense that ... there was not even a whisper of a strong demand for water."

Coun. Linda Mosher is a member of the study's steering committee and said although there hasn't been a complete discussion of the

Monday meeting

- The meeting is from 7 to 9 p.m. Monday at the Captain William Spry Community Centre.

details yet, the option to cut through the backlands surprised her.

Mosher, the area's councillor, said she has been involved with the issue since 2006 when area residents originally asked for a study into how much water and sewer would cost.

She said the problem is after seven years those people may have moved or resolved their own water issues.

"They may have dug new wells, or addressed it so in all probability the issues that were around in 2006 are not around in 2013," Mosher said.

"But someday down the road if an issue occurs or residents change their mind, then you have the study done."



She dreamed a dream and 'IT CAME TRUE'

The cult of so-called 'Hathahaters' likely cringed Sunday night when Anne Hathaway, accepting an Oscar for best supporting actress, cooed "It came true!" while cradling her award. But Hathaway's full-throated, one-take rendition of I Dreamed a Dream in Les Miserables was classic Oscar-winning stuff. For more coverage of the 85th Academy Awards, see pages 12 & 13. For full results, visit metronews.ca. KEVIN WINTER/GETTY IMAGES



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Metro fleet. Council set to approve purchase of new buses

Halifax regional councillors will get two recommendations this week to approve funding for nearly 30 new buses in Metro Transit's fleet — six of them in Porter's Lake alone.

The staff reports recommend granting tenders for 22 new 12.2-metre buses and six cutaway-style rural transit buses, for a combined cost of roughly \$10.1 million.

New Flyer Industries won the \$9.3-million tender to provide up to 80 new buses to the municipality over a three-year period. The 2013-14 budget allows for the purchase of 22.

New Flyer is the recommended proponent with a bid score of 99.7 out of a possible 100, just ahead of Nova Bus.

The staff report indicates six of the buses will be used as feeders for an expanded Woodside service, and the rest will be used for fleet replacement of existing routes.

The report also notes the new buses used for fleet replacement produce approximately one-sixtieth of the greenhouse gas emissions of the older buses.

The six rural buses, which will cost \$894,210, will be used to expand the MetroX Rural Express service into Porter's Lake. The report suggests the commuter express service will operate primarily during peak hours on weekdays, and is expected to launch in November. The recommended proponent is Crestline Coach Ltd.

RUTH DAVENPORT/METRO

A greener ride

1/60

The new buses will produce about one-sixtieth of the greenhouse gas emissions produced by the old buses.



A Metro Transit bus heads across Quinpool Road on Sunday. Small businesses could be affected if out-of-service buses are diverted down the already busy street, says Quinpool Road Mainstreet District Association's Karla Nicholson. JEFF HARPER/METRO

Quinpool business group miffed by transit change

Transit talk. Safety concerns mean out-of-service buses could be diverted from Chebucto Rd. under one-year pilot project



RUTH DAVENPORT
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A recommendation to alleviate safety concerns by re-routing out-of-service Metro Transit buses away from a school and down Quinpool Road is cause for concern for the local business association.

A report going to regional council this week recommends a one-year pilot project during which empty (or "dead-heading") buses that currently travel along Chebucto Road

Small-business concerns

"I am relieved to see that yes, it's only a pilot project and only for a year, but a year can be a long time."

Karla Nicholson, Quinpool Road Mainstreet District Association

should use Quinpool Road instead.

"Is there an option C? That's my question ... can we look at another option?" said Karla Nicholson, general manager of the Quinpool Road Mainstreet District Association. "We won't be happy to have an extra 166 bus trips during the week on Quinpool Road."

Coun. Jennifer Watts asked for ideas from Metro Transit after residents of Chebucto Road raised safety concerns about the 166 weekday trips made by empty buses past three schools on the narrow residential street.

"Residents have asked that

if buses don't have to be on that road, because they're just deadheading, to see if they could use alternate routes," she said.

The report states most of the weekday trips could be rerouted without any additional cost, but the assessment was done on "a limited number of buses over a limited time period."

"Metro Transit wanted to see if there would be any delays or possible budget items ... so to try it for a year to see what the impact (is)," said Watts.

Nicholson said that as a parent she shares concerns about nearly 200 additional bus trips

in a school zone, but said she wished there was another way of addressing the issue.

"The last numbers I saw were 30,000 cars up and down (Quinpool Road) every day," she said. "And then you're trying to balance that off with parking for the merchants, who really need those parking spaces for their businesses to just even survive in these tough economic times."

If council approves the pilot project, it will begin May 20.



Coun. Jennifer Watts METRO FILE

1 NEWS



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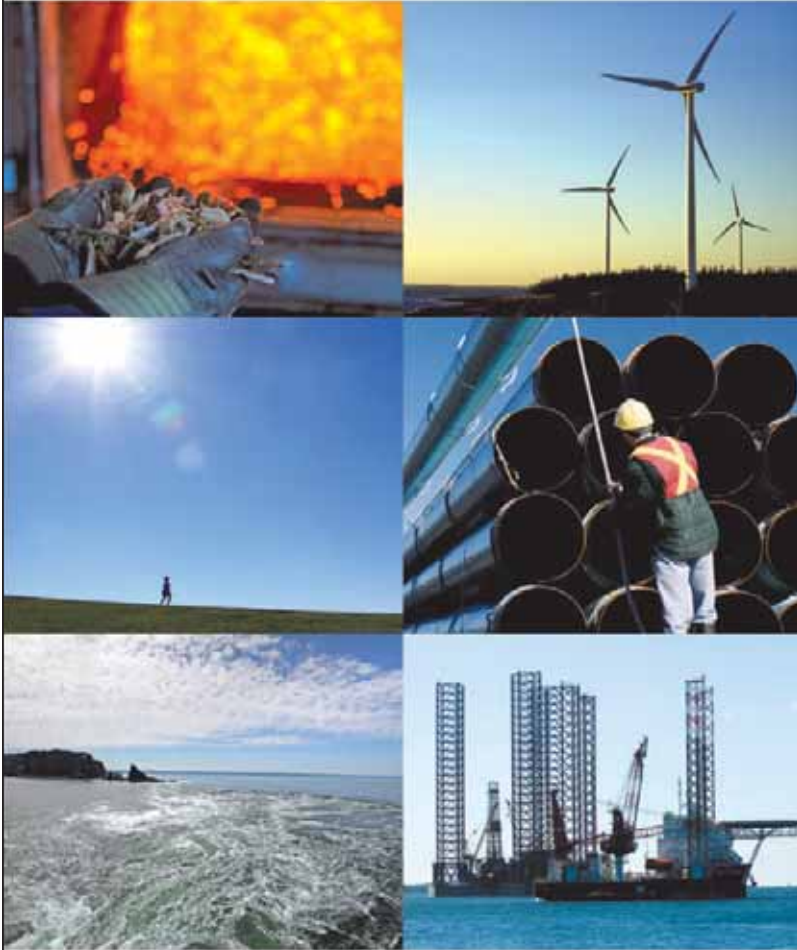


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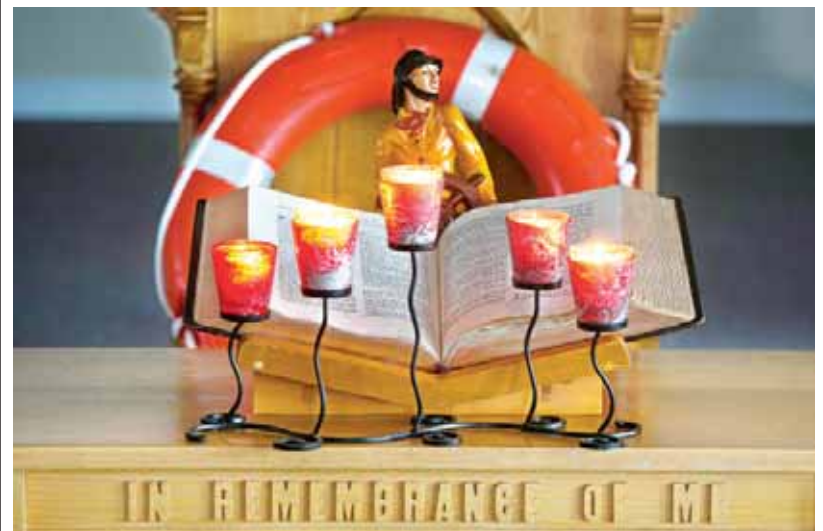
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NOVA SCOTIA



A memorial for five missing fishermen sits in the Calvary United Baptist Church in Woods Harbour on Sunday.

DEVAAN INGRAHAM/ THE CANADIAN PRESS

Families, friends gather to grieve 5 lost fishermen

Fallen five. Local pastor says Feb. 17 will now be etched in the collective memory of Woods Harbour

Hundreds of people gathered in churches in southwestern Nova Scotia on Sunday as friends and religious leaders urged their communities to offer support to the families grieving the loss of five young fishermen.

"This is a time of sorrow," said Sandy Stoddard, a veteran fisherman who was among the last to have radio contact with the captain of the Miss Ally,

No bodies found

RCMP said the HMCS Glace Bay conducted an assessment with a remotely operated vehicle on Sunday and confirmed that no bodies were aboard the 13-metre overturned boat, which was found about 240 kilometres southeast of Halifax on Saturday.

21-year-old Katlin Nickerson.

"I've lost a piece of me," he said as he spoke tenderly to crying relatives in Calvary United Baptist church in Woods Harbour, where about 500 people filled the pews.

Pastor Phil Williams urged

the residents of the fishing village to continue supporting one another after a week filled with dashed hopes and criticism of the rescue and recovery efforts for the overturned hull of the boat.

The vessel's emergency beacon was detected by search-and-rescue officials last Sunday, as a storm with hurricane-force winds created massive waves over a 100 kilometres southeast of Liverpool.

On Saturday night, the community received the news that no bodies were found when a group of professional divers went beneath the vessel on Saturday. The divers also found that the wheelhouse had been torn off, along with the life-raft. **THE CANADIAN PRESS**

Dartmouth

Bat beating leaves 2 injured

Police say a 27-year-old Dartmouth man will be in court Monday after two people were struck with a baseball bat.

At 2:45 p.m. on Saturday, an officer with Halifax Regional Police saw a fight involving several men on Gaston Road in Dartmouth. When he stopped to intervene, police say he saw a man strike two other males with the bat. The suspect fled the area but was later arrested at a nearby residence.

The victims were treated on scene for minor injuries.
METRO

Crime. Man charged after Halifax apartment complex ransacked

Police have laid charges against a 19-year-old man after a Halifax apartment complex was ransacked and a fire was set inside.

At about 4:30 a.m. on Sunday, police were called to Ridgevalley Road regarding a minor fire that was put out before officers arrived. Police say they then found property damage to the entrance way of the building — including smashed windows, furniture and office equipment.

A police K-9 unit successfully tracked the suspect

Fire

Police say the small fire was also set in the apartment entranceway.

to a nearby address and he was arrested without incident.

The 19-year-old will appear in Halifax provincial court on Monday charged with break and enter, arson and property damage.
METRO

Plenty of noise being made over Halifax Music Co-op

Sounding off. Group pursuing social action through music

MARIKA MCKENZIE
halifax@metronews.ca

The string section hovered on a single chord, waiting for the horn player's solo. This would be the first time the Halifax Music Co-op horn-blower would get it right.

At the back of the church all Faye Bontje could do was hold her breath.

"It was nerve-racking for us. Not because he had to get it right, but because we knew he wanted to get it right," the executive director of the Halifax Music Co-op said when remembering her favourite moment since the co-op's inception eight months ago.

The Halifax Music Co-op (HMC), founded last July, takes a different approach to music instruction and participation. Formed out of the University of King's College chapel choir, and later the King's orchestra, Faye Bontje and co-founder John Bogardus created the HMC with the purpose of pursuing social action through music.

"Maybe for one person it's going to be that they get to

Quoted

"As long as you have good, positive encouragement it's kind of like being on a bike. If you believe in yourself you get back on the bike and re-learn again."

Rod MacGillvray, HMC conductor

Your suggestions

Your Community At Work is a regular feature appearing on Mondays highlighting people and groups working to make a difference in their community. E-mail your suggestions to us at Metro@metronews.ca.

do something where they disconnect from their daily lives ... and just totally immerse themselves in beauty," said Bontje.

As well as offering subsidized private lessons for only \$10, people of all ages can join the HMC for a yearly "pay-what-you-can" membership fee. This, Bontje said, is to make music accessible for more people.

Rod MacGillvray echoes Bontje's sentiment. He is the brass and wind conductor.

"It doesn't matter what your background is, what your level is, as long as you have a love and desire that you really want to do this, we'll try to find a way to support that," he said.

Emma Sampson, a tuba player, said HMC has given her a place to blow her horn — literally.

"Either you're in university or you're a professional musician, and if you're not one of those two it's a little bit tricky to still play," she said.

Even after playing the same six bars for 30 minutes last week, Sampson smiles at her band-mates and gives a quick shrug to the tuba player beside her.

Now the HMC has 180 members, three orchestras, one wind ensemble and 15 chamber groups. Bontje said the biggest challenge has



Emma Sampson, right, plays the tuba during a Thursday night sectional at the Anglican Church of the Apostles as part of the Halifax Music Co-op. MARIKA MCKENZIE/FOR METRO

been adapting to the volume of people interested in the program.

"We're fledgling still," she said. "We were really not expecting this to grow as big as it has, as fast as it has."

In spite of HMC's growth, their mission is unchanged.

"It's not about perfection, we strive to do the best we can," said MacGillvray. "But if we are trying to perfect

something it would be the humanitarian values of why this is fun to show up on a Thursday evening or a Monday night and do this. That's more important."

On the web

For more local news go to metronews.ca



Fairview Freedman's

Celtic night fundraiser

The Halifax Music Co-op funds its efforts from ticket sales and fundraisers.

On Saturday, March 9, the HMC will be hold-

ing a Celtic night at the Fairview Freedman's starting at 9 p.m., with all proceeds going to the music co-op.

Their next performance is Thursday, March 14, at the Anglican Church of the Apostles.

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Feds dispute dismal global freedom of information ranking

Canada dropped to 55th out of 93 countries. Harper government fights back, saying it has a solid record for openness

The Harper government is dismissing a report that ranks it 55th in the world for upholding freedom of information, saying it has a sterling record for openness.

But a four-page document outlining the federal rebuttal took five months to release after a request under the Access to Information Act — underscoring the very delay problem that contributed to Canada's dismal ranking.

A human-rights group based in Halifax has issued three report cards since 2011 on Canada's anemic standing in the world with



Canada's information commissioner, Suzanne Legault, holds a press conference in Ottawa in 2012.

SEAN KILPATRICK/THE CANADIAN PRESS FILE

tember 2011 was 40th of 89 countries, fell to 51st in June last year, then to 55th of 93 countries last September, behind Mongolia and Colombia.

"While standards around the world have advanced, Canada's access laws have stagnated and sometimes even regressed," the centre concluded, noting Canada was a world leader in 1983 when its federal information law came into force.

The research won praise from Canada's information commissioner, Suzanne Legault, who said "the analysis that this group has done is going to be a really useful tool" in her own investigation into freedom-of-information issues.

But an internal memo last summer to Treasury Board President Tony Clement cites the report's "weaknesses," saying the methodology "does not allow for an accurate comparison of the openness of a society and of its government."

THE CANADIAN PRESS

regard to so-called right-to-know legislation.

The Centre for Law and Democracy used a 61-point tool to measure Canada's legislation against that of other countries, in co-operation with Madrid-based Access Info Europe.

Canada's standing in Sep-

Reform recommended

Lengthy extensions are an issue

A memo from Michelle d'Auray, then secretary of the Treasury Board that oversees the access-to-information system, criticizes the report and was among a group of records requested from the Treasury Board last September by The Canadian Press under the Access to Information Act.

The law requires a response within 30 days, but the agency gave itself a 120-day extension — four additional months — so it could consult with the Privy Council Office, Prime Minister Stephen Harper's own department.

The report card from the Centre for Law and Democracy found that such unilateral, lengthy extensions are invoked too often by federal departments, calling delay a "classical way of effectively denying requests."

"Public authorities should be limited to one extension of no more than 30 days, applicable only in appropriate cases," the centre said in a key recommendation for reform.

Long-awaited. Quebec hosts tuition summit one year after 'Maple Spring'

Not even the most militant of Quebec's student federations expects this week's education summit to plunge the province into another Maple Spring.

Quebec gained international attention last year when a dispute over proposed tuition hikes boiled into a months-long uprising.

The unrest, dubbed the Maple Spring, saw thousands of protesters swarm Montreal streets night after night. The crisis eventually faded away, in part because the Liberals lost power and the incoming Parti

Quebecois government cancelled the tuition increases.

The PQ stickhandled its way through the perilous political issue, during the election, by promising to come up with a new tuition policy at an education summit.

Some students are feeling disillusioned and boycotting the two-day summit, which starts Monday, because they believe the new government has tuned out some of their ideas.

The ranks of the restive, however, appear smaller than last year. **THE CANADIAN PRESS**



Protesters opposing Quebec student tuition fee hikes demonstrate in Montreal in May 2012. GRAHAM HUGHES/THE CANADIAN PRESS FILE

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Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in lethal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law.

The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeve Steenkamp, who was shot to death on Valentine's Day, was on television again in a new episode of the reality show *Tropika Island of Treasure 5*, even though she was buried last Tuesday.

Oscar Pistorius is charged with her killing. On Monday, he must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in, a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident"

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- The chief police investigator faces charges of 7 counts of attempted murder for allegedly shooting at a vehicle with 7 passengers.
- Hilton Botha was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with premeditated murder, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. **THE ASSOCIATED PRESS**



Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with airstrikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric

dam, a major oil field and two army bases along the road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007. **THE ASSOCIATED PRESS**

Casualty

Also on Sunday, prominent Syrian comedian Yassin Bakoush was killed in Damascus.

- **Cause.** Sources disagree on whose explosives were responsible.
- **Role.** Bakoush, 75, was known for playing likeable but dim-witted characters.



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Cuba. Raul Castro to step down in 2018, taps rising star as his successor

Raul Castro announced Sunday that he will step down as Cuba's president in 2018 following a final five-year term, for the first time putting a date on the end of the Castro era.

Rising star Miguel Diaz-Canel is to be his top lieutenant and first in the line of succession.

The 81-year-old Castro also said he hopes to establish two-term limits and age caps for political offices including the presidency — an astonishing prospect for a nation led by Castro or his older brother Fidel since the 1959 revolution.



Fidel Castro and President Raul Castro on Sunday. THE ASSOCIATED PRESS

The 52-year-old Diaz-Canel is now a heartbeat from the presidency and has risen higher than any other Cuban official who didn't directly participate in the heady days of the revolution. "This will be my last term," the president said, his voice firm.

THE ASSOCIATED PRESS

Afghanistan

U.S. forces ordered to leave

Afghanistan's president has ordered all U.S. special forces to leave an eastern province. The order came because of allegations that Afghans working with them are abusing locals.

THE ASSOCIATED PRESS

Greece

Chopper escape attempt foiled

Greek prison guards have prevented an escape attempt by helicopter involving at least four inmates. One of the convicts, Panagiotis Vlastos, is a convicted murderer.

THE ASSOCIATED PRESS

Berlusconi pushes hard for a comeback in Italy

Elections.

Controversial billionaire media mogul tries for an unlikely return to power

Italians are voting in a watershed parliamentary election Sunday and Monday that could shape the future of one of Europe's biggest economies.

When Silvio Berlusconi, the billionaire media mogul seeking an unlikely political comeback, showed up at a Milan polling place to cast his ballot, three women pulled off their sweaters to bare their breasts and display the slogan "Basta Silvio!" (Enough of Silvio) scrawled on their flesh.

A cordon of police, already in place for security before the former premier's arrival, blocked Berlusconi's direct view of the women.

Police detained the women for questioning. Italian



Police take away a woman protesting where former Italian Premier Silvio Berlusconi was voting, in Milan, Italy, Sunday. THE ASSOCIATED PRESS

news reports said the three were members of the Femen protest group.

On his way out of the polling station, Berlusconi made no direct comment on the protesters.

When Berlusconi stepped down in 2011, newspapers

were writing his political obituary.


At 76, he was blamed for mismanaging the economy and was disgraced by criminal allegations of sex with an underage prostitute.

But Berlusconi has proven that he should never be

counted out.


In his campaign he has promised to give back an unpopular property tax. Even his purchase of Mario Balotelli for his AC Milan soccer team was seen as a ploy for votes.

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Netflix and TV go together like a horse and carriage: Report

Usage. Almost 1 in 3 homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online, and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor, based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package,



Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

even while paying \$8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and

satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. **THE CANADIAN PRESS**



Case of the missing mural

A new stenciled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — *Slave Labour* — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of \$500,000 to \$700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. **JORDAN MANSFIELD/GETTY IMAGES**

Sequestration

Canadians would feel pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's \$16-trillion national debt.

On Thursday, \$85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to \$1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meantime, will face far longer cargo-processing times at borders as well. Business travellers will be ensnared in long lines at the border.

THE CANADIAN PRESS

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EMERA'S 'DONATIONS' DON'T JUSTIFY NAMING RIGHTS



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

Solidarity Halifax's quixotic campaign to rename the Commons skating oval isn't likely to find many takers among cash-starved city councillors, but it should give the rest of us pause.

How is it that Emera, the parent company of Nova Scotia Power, the private utility that keeps applying to jack up our electricity rates, not only has enough spare cash to reward its million-dollar-a-year executives with top-up performance bonuses — in no small measure for convincing regulators to jack up our electricity rates to keep shareholder returns high — but also still has sufficient leftover scraps to contribute “generously” to public recreation complexes in exchange for rights to name those mostly-publicly-financed facilities after itself?

It doesn't add up

But one can ask why corporations, especially regulated monopoly-profit centres, have so much cash on hand they can dangle it, like lollipops, for branding purposes.

In 2011, Halifax regional council traded Emera naming rights to the new Commons skating oval for the next 10 years for \$500,000.

Think about it. The rink cost taxpayers \$5.7 million to build, plus another \$400,000 a year to maintain. But for \$50,000 a year, Emera gets to name the venue after itself, thereby claiming credit for its existence.

Or Consider Queen's Place Emera Centre in Liverpool. For

another \$500,000, the company got to slap its corporate face on the front of a community recreation complex that cost federal taxpayers \$7 million, provincial taxpayers \$5 million and local governments \$4 million in capital reserves.

Queen's Place Emera Centre?

And then there's the space formerly known as the Northside Community Civic Centre in North Sydney. For a measly \$350,000, Emera got to name that otherwise \$22-million publicly-funded facility Emera Centre Northside.

One can't blame financially strapped communities for prostrating themselves before the chintzy gods of corporate givers. But one can ask why corporations, especially regulated monopoly profit centres, have so much cash on hand they can dangle it, like lollipops, for branding purposes.

Could it be because corporations no longer pay their fair share of taxes, which gives these corporate “donors” inordinate power over what should be community funding — and naming — recreation, arts and culture decisions.

Have your say

- Though it won't change reality, you can at least express your unhappiness by voting for a new, improved non-corporate name for our oval from a short list at solidarityhalifax.ca. Voting concludes Mar. 7.

Health risk

Ottawa calls for tanning beds to carry skin cancer warning labels

It's not yet moving to the sometimes hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all

tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

The labels would also read: “Tanning Equipment Can Cause Cancer,” and carry a list of other health risks.

THE CANADIAN PRESS

Final finish line for centenarian



KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

THE ASSOCIATED PRESS

Rising from the ashes



“From a tragedy has come a lot of success and happiness.”

Fauja Singh, world's oldest marathon runner. Singh explained that he took up running as a way to get over

depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

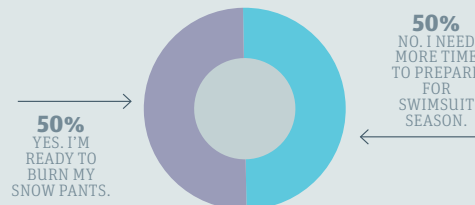
He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS



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Are you counting down the days till spring?



Twitter

@HFXMooseheads: That's probably the loudest cheer we've ever had for an assist in 19 years. Fournier with the goal from Drouin. 6-1 Moose.

@Charming_Idiot: So apparently Jonathan Drouin just undressed everyone in a game. I want video. Now. #Halifax

@megannmac: Let's see if we can beat the 30 min record from Halifax to Wolfville.. #speeddemon #leadfoot

@cal_k: It's the 21 century, I think it's time for #Halifax to be renamed Halie-mail.

@ryansfoley: I wish my client didn't bake these cookies #noroomforsupper #RealEstate #halifax

@peteflew: I love me some deep fried dough and cinnamon / beavertails at the oval #halifax



The cast of *Argo* accepts the best picture award at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A mixed bag at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards



**NED
EHRBAR**

Metro World News in Hollywood

It was Ben Affleck's night as his film, *Argo*, earned the top prize at the 85th Academy Awards. Despite Affleck being shut out of the best director race, his CIA-meets-Hollywood drama snagged the top prize of best picture in a night of scatter-shot awards distribution. *Argo* also earned Oscars for best adapted screenplay and for best editing.

Outside of the best picture race, there was no movie that had a clean sweep. Ang Lee's *Life of Pi* came closest, earning four awards — the most of any film this year — including best director for Lee, while *Les Misérables* scored three. Jennifer Lawrence earned the only award for *Silver Linings Playbook*, winning her first Oscar for best actress.

Daniel Day-Lewis also made movie history by becoming the first actor to win three best actor trophies after



Jennifer Lawrence

his win for *Lincoln*.

As expected, Michael Haneke's *Amour* won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in *Les Misérables* as the tragic Fantine.

"I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

And Adele easily took the best song category for *Skyfall*, breaking down in tears in the middle of her speech and let-



Daniel Day-Lewis

ting co-writer Paul Epworth finish up.

In a rare Oscars tie, the award for best sound editing was shared by *Zero Dark Thirty* and *Skyfall*. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called *We Saw Your Boobs*.

Looking ahead

Even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and *Mandela: Long Walk to Freedom*, starring Idris Elba as Nelson Mandela.



But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the *Avengers*. The choice to use the theme from *Jaws* to play off winners when they go long was also particularly odd.

One of the highlights of the ceremony was a rendition of *Goldfinger* by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with *All That Jazz* from Chicago during a tribute to movie musicals.

Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday



1 Jennifer Lawrence

First glance, Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor.

DOROTHY ROBINSON



2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve.

NADINE ANGLIN

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing.

NADINE ANGLIN

On the web

For more Oscar fashion coverage, visit TheKit.ca



Red carpet hits ... and misses



4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT.

DOROTHY ROBINSON



5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise.

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997.

DOROTHY ROBINSON

Oscar tweets

@TheAcademy

Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara

Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland

Oscars, shmoscars, make some soup!

@Sid_Seixeiro

Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI

My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin

It's funny watching fashion people pretend every tux doesn't look exactly the same.

The Word

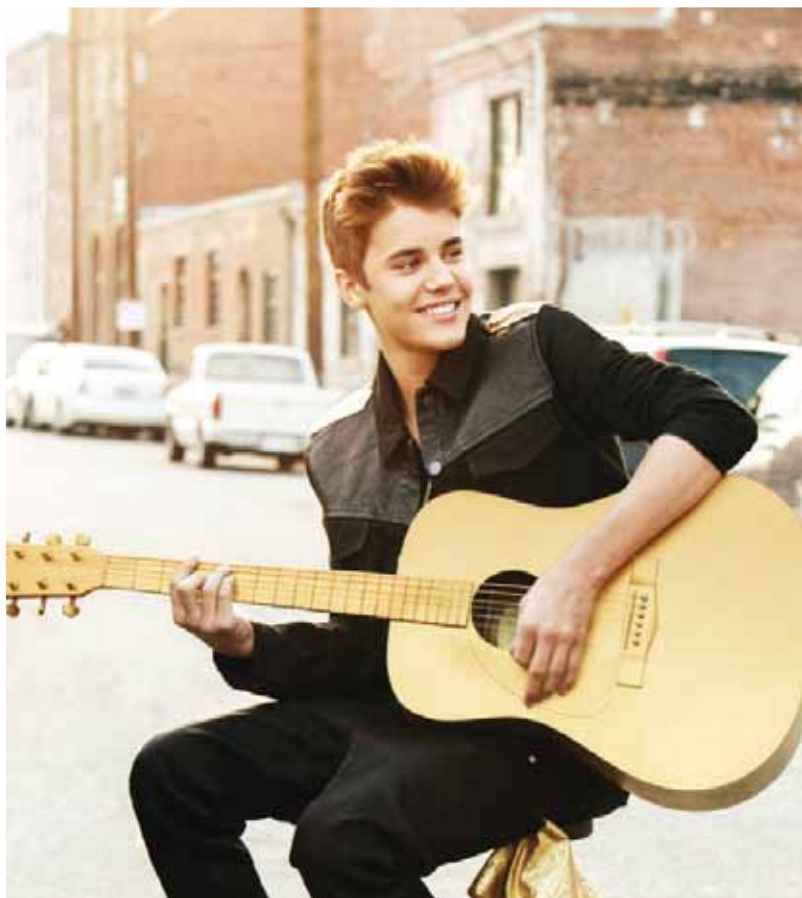
Oscar swag



THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth \$12,000
- A one-week, all-inclusive trip to a fitness retreat worth \$4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth \$3,000
- A \$20 box of Naked Condoms
- A \$40 electronic cigarette
- A \$795 water filtration system
- \$60 worth of gluten-free macarons
- \$406 worth of anti-aging hand lotion
- \$530 worth of Sedu hair-styling tools
- \$250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a \$20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.



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2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

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Monday, February 25, 2013

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car



STARGAZING
Malene Arpe
scene@metronews.ca

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. — ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get

all the great compliments?" asks a sad Kim Kardashian.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. — ed)

While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

Russell Brand says that remaking Arthur was a mistake. He finally got around to



will.i.am

watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay \$900,000 a year in child support and Mary J. Blige has a new \$900,000 lien against her, while will.i.am pays \$900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is \$57,000 in unpaid taxes.

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Spot-toning with tots



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

- **Toddler squat:** You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

- **Car seat resistance training:** Children will take every opportunity to fight car seat confinement. This is most

effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

- **Flying boot maneuver:** Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to

stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM *JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME* BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle. Joe's mother, Nancy Jensen, was a participant in a new University of Washington study on the effects of television viewing on kids. TED S. WARREN/THE ASSOCIATED PRESS

Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers. Substituting shows the most short-term gains for low-income boys

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch,"

said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal *Pediatrics*.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like *Sesame Street* and *Dora the Explorer* rather than more violent programs like *Power Rangers*. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on

their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes. Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

Nancy Jensen, who took

part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

Another researcher who was not involved in this study but also focuses his work on kids and television commended Christakis for tak-

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

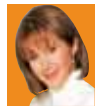
ing a look at the influence of positive TV programs, instead of focusing on the impact of violent TV.

"I think it's fabulous that people are looking on the positive side. Because no one's going to stop watching TV, we have to have viable alternatives for kids," said Dr. Michael Rich, director of the Center on Media and Child Health at Children's Hospital Boston.

THE ASSOCIATED PRESS

3 LIFE

Rice Cakes with Tomato Purée



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Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

Ingredients

Rice Cakes

- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce

- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Careers

Building on a passion



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007. She currently works at a local firm and says that she's always pushing herself to make a design better.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a

multi-family residential project for a hotshot developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way.

People often say, "I wanted to be an architect but I can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.

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NBL Canada

Richards stars in Rainmen win

Halifax native Tyler Richards made his second start of the season count with the Halifax Rainmen on Saturday night.

The six-foot-two guard dropped 22 points and grabbed 10 rebounds to lead the Rainmen to a convincing 102-86 victory over the Montreal Jazz at the Metro Centre.

The win bumped the Rainmen a game above .500 (17-16) and moves them into a tie with the Saint John Mill Rats for second place.

The Rainmen are back in action Monday on the road when they face the Moncton Miracles at 7 p.m.

METRO

AUS basketball

Huskies, Tigers prepare to battle for hoop titles

The regular season is over and the playoff matches are set for the Saint Mary's Huskies and Dalhousie Tigers men's and women's basketball teams.

The Metro Centre will host the Atlantic University Sport men's championship this Friday through Sunday. The fourth-ranked Tigers take on No. 5 Saint Francis Xavier X-Men in the first quarter-final at 6 p.m. The other quarter on Friday pits the sixth-ranked Huskies and third-seeded Prince Edward Island Panthers at 8:15 p.m.

The top-seeded Cape Breton Capers and No. 2 Acadia Axemen have byes into Saturday's semifinals. The championship game goes Sunday at 2 p.m.

In the AUS women's championship, the University of New Brunswick plays host from March 8 to 10, with the top-ranked Huskies getting a bye into the semifinals.

The Tigers, seeded fourth, will take on the No. 5 Memorial Sea-Hawks in the quarters. **METRO**

AUS women's hockey

X-Women win 9th crown

Make it nine AUS women's hockey banners for the St. Francis Xavier X-Women.

Alex Normore, Brittany Perkins, Erin Brophy and Molly MacDonald each scored as the X-Women beat the Saint Mary's Huskies 4-1 in Sunday's championship game in Sackville, N.B.

The X-Women will now play at nationals March 7 to 10 at the University of Toronto. **METRO**



The Halifax Mooseheads' Stefan Fournier, right, waits for a rebound opportunity in front of Bathurst Titan netminder Jacob Brennan during QMJHL action at the Halifax Metro Centre on Sunday. JEFF HARPER/METRO

Mooseheads secure No. 1 spot in QMJHL

Guess who? Drouin collects four points to take over league scoring lead



ANDREW RANKIN

andrew.rankin@metronews.ca

When Jonathan Drouin tied Peter Trainor for the QMJHL scoring lead he couldn't have done it in a more appropriate way.

After dazzling Metro Centre fans all year, the Halifax Mooseheads' gifted playmaker dangled and weaved his way around seemingly every Bathurst Titan player and tucked a perfect pass over to Stefan

On the road

The Mooseheads will now hit the road for a three-game trip through Quebec starting Wednesday against the Shawinigan Cataractes.

Fournier who made no mistake from in close during the team's 11-3 win.

The play sent a capacity Metro Centre crowd of 10,595 into a frenzy Sunday afternoon and gave the Mooseheads a 6-1 lead late in the second period.

Everybody knew what was coming next. Drouin went on to capture the scoring lead when he assisted on Martin Frk's power-play goal early in

the third period to make it 8-2.

Frk, who went into the 5-on-3 man-advantage hoping to get his 70th point, admitted the pair had a plan concocted.

"He told me he needed one more point to break the tie and I told him I needed one more for 70 so we just made a deal, and I scored," said Frk smiling. "I'm very happy for him."

Drouin, who had a goal and three assists to give him 93 points, called it an honour to be the top point-getter in the league.

"Anytime you pass it to someone like Marty there's a really good chance it will go in," said Drouin, who is riding a league-best 23-game point streak. "It was a great shot. He's made it easy for me this season. It's great to do it when

the team's doing so well."

The Mooseheads dominated from start to finish in the lopsided win. The victory clinched first overall in the QMJHL for Halifax and home-ice advantage throughout the playoffs. It's the first time the Mooseheads have finished first overall.

After Friday's 6-1 effort against the Saint John Sea Dogs, the Mooseheads pulled off another relentless home performance.

Matthew Boudreau led the way with a hat trick for Halifax against the Titan and was among 10 Halifax players to have multi-point games. Fournier, Frk and Brent Andrews each scored twice, while Andrew Ryan netted his 19th goal on the season.

AUS men's hockey. Huskies edge Acadia to secure trip to AUS, CIS finals



Michael D'Orazio SAINT MARY'S

The Saint Mary's Huskies are off to the Atlantic University Sport and the Canadian Inter-university Sport men's hockey championships.

The Huskies edged the Acadia Axemen 1-0 in Wolfville on Sunday night to capture the tightly contested best-of-five semifinal series 3-1. All but one game, which Saint Mary's won 4-2, was decided by a single goal.

Huskies defenceman Michael D'Orazio broke the scoreless tie with a power-play tally with 6:55 remaining in the second period.

Anthony Peters earned the shutout as he turned aside 41 shots. Axemen goalie Evan Mosher finished with 36 saves.

The Huskies will now face the winner of the other AUS semifinal series between the P.E.I. Panthers and the New

Brunswick V-Reds. The series is tied 1-1.

By playing in the league final, Saint Mary's also earns a berth in the CIS men's hockey championship at the University of Saskatchewan from March 14 to 17.

Two teams from the AUS are playing at nationals this year because of the rotating wild card spot.

ANDREW RANKIN/METRO

NASCAR. Johnson returns to form at Daytona 500

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after John-

son completed only one lap in the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS



Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEM/GETTY IMAGES



Ontario skip Rachel Homan, centre, celebrates her team's victory at the Scotties Tournament of Hearts with third Emma Miskew, left, and second Alison Kreviazuk on Sunday at Kingston's K-Rock Centre. RYAN REMIOWZ/THE CANADIAN PRESS

Homan strikes gold at Scotties

Curling. Manitoba skip Jennifer Jones settles for second at final match in Kingston, Ont.

Quoted

"They played great. They played lights out and they deserved to win today."

Manitoba's Jennifer Jones on Team Ontario

Ontario's Rachel Homan defeated Manitoba's Jennifer Jones 9-6 on Sunday night to win the gold medal at the Scotties Tournament of Hearts.

It was the first national women's curling title for Homan and her Ottawa Curling Club team of Emma Miskew, Lisa Weagle, Alison Kreviazuk and alternate Stephanie Drew. They will represent Canada at next month's world women's curling championship in Riga, Latvia.

"I can't even comprehend

what just happened right now," Homan said. "It's unbelievable."

The Ontario skip hugged her teammates and coach after the victory and was overcome with emotion while speaking to reporters after the win. She had to pause on occasion as tears of joy welled in her eyes.

The partisan crowd at the K-Rock Centre roared its approval in the opening end as Homan jumped out to an early lead.

Jones crashed on a guard and Homan made a nice draw to score three.

Jones, a four-time national champion, tied the game at 4-4 with a double in the sixth end but Homan regained the lead in the seventh.

She cleared two Manitoba stones from the eight-foot with her first shot. Jones was heavy with her final throw, leaving Homan with a draw to score three and the crowd erupted when she nailed it for a 7-4 lead.

Ontario padded its lead with a steal of two after Jones missed a triple takeout attempt in the eighth end.

Earlier in the day, B.C.'s Kelly Scott defeated Team Canada's Heather Nedohin 10-8 to win the bronze medal.

THE CANADIAN PRESS

NHL

Bruins boosted by man advantage in win over Panthers

The Boston Bruins made the most of their special teams play.

Zdeno Chara and Milan Lucic scored first-period goals, and the Bruins beat the Florida Panthers 4-1 on Sunday.

Chris Kelly had a power-play goal in the second, and Daniel Paille added an empty-net goal. Tuukka Rask stopped 34 shots for the Bruins (11-2-2), who won their third straight game and are off to their best start since the 1976-77 season.

The Bruins have killed 21 straight penalties, including a four-minute power play at the end of the second period and beginning of the third.

THE ASSOCIATED PRESS

NHL

Red Wings fire on all cylinders vs. Canucks

Less than 30 hours after being burdened with a five-game losing skid, the Detroit Red Wings are suddenly headed in the other direction.

Damien Brunner had two goals and two assists, and Joakim Andersson scored twice for the Red Wings in an 8-3 victory over the Vancouver Canucks on Sunday.

The Wings ended their losing streak with a 4-0 win over Nashville on Saturday night and then followed it up with a rout of the Canucks.

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Horoscopes

Aries

March 21 - April 20

Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

Taurus

April 21 - May 21

What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

Gemini

May 22 - June 21

Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

Cancer

June 22 - July 23

Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

Leo

July 24 - Aug. 23

Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

Virgo

Aug. 24 - Sept. 23

It would appear that something has been bubbling away in your subconscious for some time but is now ready to break through and be taken seriously. It will lead to some radical changes in the way you think.

Libra

Sept. 24 - Oct. 23

A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

Scorpio

Oct. 24 - Nov. 22

You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

Sagittarius

Nov. 23 - Dec. 21

If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

Capricorn

Dec. 22 - Jan. 20

There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

Aquarius

Jan. 21 - Feb. 19

If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

Pisces

Feb. 20 - March 20

The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

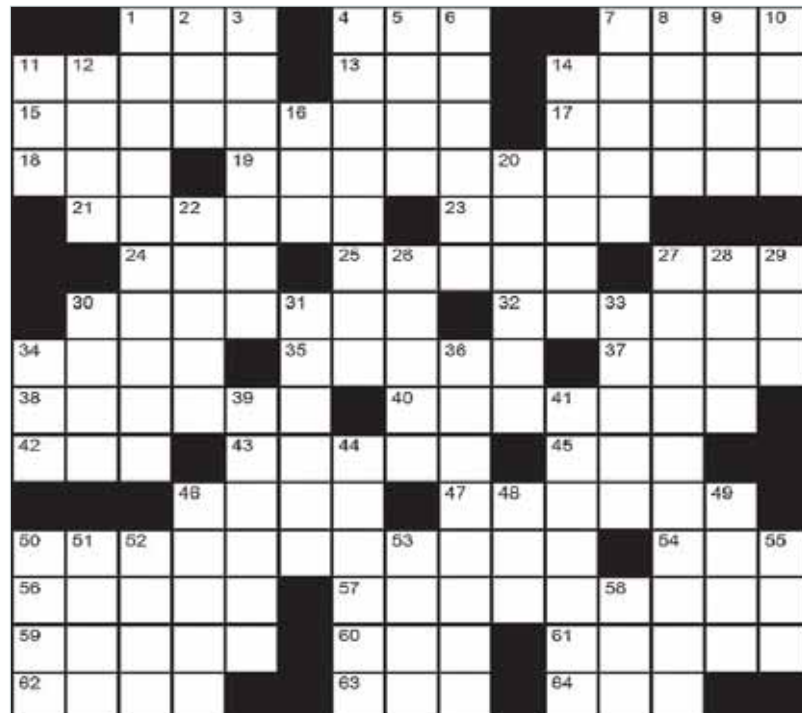
Crossword: Canada Across and Down

Across

- ___ Royal Highness
- Faith, for short
- Niagara-on-the-Lake theatre festival in Ontario
- "It takes ___ tango."
- Ms. Green of "Casino Royale" (2006)
- Winter/Summer Olympian Ms. Hughes
- Deficient in energy
- Keep an ___ mystery
- B-F inbetweeners
- Adjustment back to order
- From longest ago
- Simplicity
- 'Par' add-on (Sitting room)
- Lead/tin alloy
- ___-mo replay
- Seaside
- Credit card user
- Criminal associations
- Breath ___ of relief
- Phoned ___
- Early-1900s art movement
- Paper craft of Japan
- Undercover agent
- Sample food
- Dem's political rival
- Prefix with 'dynamic'
- Sculptor's tool
- Canadian potato chips since 1987: 2 wds.
- Flatline
- Furious
- Winnipeg band, ___ Dum-mies
- Ancient king of Crete
- One: German
- Radiant visions of light
- "This ___ outrage!"
- Web feed syst. for updates
- Climber's li'l conquests

Down

- Hub of activity for guests, bell-hops, checking in, etc.: 2 wds.
- Shakespearean suffix
- Lions as sound-makers
- Boat race meets
- Good vs. ___
- More like a doily
- Goody gunk
- Rabbit-like animal
- Elvis Presley's middle name at birth
- Float, as a scent
- "No Scrubs" group
- 1995 Montell Jordan hit: "This Is How ___ It"
- "I ___ for Miles" by The Who: 2 wds.
- Hi-___ graphics
- Ben Kingsley title film role
- "___ say, not..."
- Poet T.S. (b.1888 - d.1965)
- Calgary's football team
- Actress Ms. Anderson
- Association, for short
- Sudden political takeover
- Type of soy sauce
- Hillside
- Rap music's Hammer, et al.
- Ancients like Aristotle
- Mr. McQueen's
- Bestselling author John
- Many call it football
- British car, ___ Martin
- She's opposite
- Ms. Kudrow
- Mariah Carey album: 'The Emancipation of ___'
- Goo Goo Dolls hit
- Capital city of Yemen [var. sp.]
- Reality star Ms. Jenner
- Ands: French
- Famed tomb king



Friday's Crossword

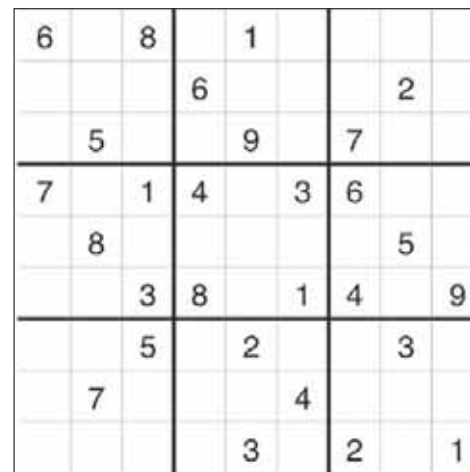


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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Tuesday

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